



## Clean & Hungry Salsa



*This salsa has around 70% less sodium than the average jarred salsa! For even less sodium, leave out the salt..*

1/18th of recipe (about 2 tbsp.): 7 calories, 0g total fat (0g sat fat), 66mg sodium, 1.5g carbs, 0.5g fiber, 1g sugars, <0.5g protein

**Blue Plan (Freestyle™) SmartPoints® value 0\***

**Prep:** 20 minutes



Tagged: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [30 Minutes or Less](#), [Four or More Servings](#)

### Ingredients

2 cups chopped tomatoes  
1/2 cup finely chopped onion  
1/2 cup finely chopped green bell pepper  
2 tbsp. chopped fresh cilantro  
2 tbsp. seeded and finely chopped jalapeño pepper  
1 1/2 tbsp. lime juice  
1/2 tsp. each salt and black pepper  
1/2 tsp. chopped garlic  
1/4 tsp. ground cumin

### Directions

In a medium-large sealable container, combine all ingredients. Mix until uniform.

Transfer half of the mixture to a blender or food processor. Pulse until just pureed.

Return pureed mixture to the container. Mix well.

Seal, and refrigerate until ready to use.

MAKES 18 SERVINGS

**HG Alternatives:** Enjoy a smoother salsa? Puree the entire mixture instead of just half. Prefer a chunky one? Skip the blending process altogether!

**SmartPoints® value\*** not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.